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The BEAR Necessities of Life: 4 Lessons for Restoring Insulin Sensitivity

5-Ingredient Delicious Frozen Yogurt Bark That's Packed with Protein

7 Gut-Boosting Fermented Foods That May Help Support Blood Sugar Balance

7 Simple Signals to Reset Your Nervous System (Without Doing More)

LETTER FROM THE EDITOR

Cheryl Ravey

EDITOR, HOME CURES THAT WORK

In this issue, we explore the powerful connection between metabolic health, gut support, and the rhythms of nature — starting with a fascinating feature by Dr. Scott Saunders, “The BEAR Necessities of Life.” This highlight article compares the bear’s natural cycle of insulin resistance and fat burning to the chronic metabolic dysfunction many humans face today. While bears gain weight seasonally and reset their metabolism through prolonged fasting during hibernation, humans tend to stay stuck in a perpetual state of high sugar intake without a reset. Dr. Saunders shows how we can learn from nature by incorporating intermittent fasting and carbohydrate cycling to restore insulin sensitivity and improve energy, weight, and long-term health.

Complementing this metabolic insight, our article on fermented and probiotic foods shows how yogurt, kimchi, and supplements like Healthy Gut Restore support gut balance—an often overlooked key to blood sugar regulation and insulin response. If you’re looking for a delicious way to enjoy these benefits, our protein-packed frozen yogurt bark is a fun, functional recipe that delivers gut- and muscle-friendly nutrients in every bite.

Finally, we zoom out to a broader lens of healing with a gentle, nervous-system-first approach to wellness. This refreshing perspective reminds us that healing isn’t just about rigid rules—it’s about creating safety in the body through sleep, sunlight, nourishment, movement, and connection.

Whether you’re fine-tuning your metabolism, improving your gut health, or rebalancing your nervous system, we hope this issue gives you the insight—and the encouragement—to take your next step.

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THE BEAR NECESSITIES OF LIFE:

4 Lessons for Restoring Insulin Sensitivity

BY DR. SCOTT SAUNDERS, M.D.

HUMANS ARE LIKE BEARS

Bears and humans share a commonality in their metabolic response to high sugar intake.[i] Yet their outcomes diverge significantly due to evolutionary adaptations and lifestyle differences. Bears exhibit a natural, reversible insulin resistance cycle tied to their hibernation, enabling them to store fat efficiently and survive months without food[ii]. In contrast, humans who overconsume sugars and starches often develop chronic insulin resistance, a precursor to type 2 diabetes. We will explore the bear's adaptive insulin resistance cycle and compare it to human metabolic dysfunction. We can learn from the metabolic cycling of a grizzly bear how to manage our own metabolism and restore insulin sensitivity.

THE BEAR'S ADAPTIVE INSULIN RESISTANCE CYCLE[III]

Bears, such as black bears (Ursus americanus) and grizzly bears (Ursus arctos), have evolved a remarkable metabolic strategy to survive harsh winters. This cycle can be broken down into distinct phases:

1. Hyperphagia (Late Summer to Early Fall)

In preparation for hibernation, bears enter hyperphagia, a period of intense feeding. They consume up to 20,000 calories daily, often from sugar-rich foods like berries, which are high in fructose and glucose. This triggers a spike in blood glucose, stimulating insulin release. Insulin facilitates glucose uptake and promotes fat storage by converting excess sugars into triglycerides. During this phase, bears develop insulin resistance, particularly in peripheral tissues like muscles, to prioritize fat synthesis over immediate energy use. They become less active.

A 2018 study on grizzly bears found that this insulin resistance is regulated by hormonal changes, including elevated cortisol and reduced insulin signaling, ensuring calories are stored as fat, increasing body weight by up to 40%. A grizzly bear may increase 150 pounds of fat in the late summer and fall. As they get fat, they have less energy because of insulin resistance. They get tired. They want to sleep, so they find a cave, or build a nest and go to sleep.

2. Hibernation (Winter)

During hibernation, bears enter a state of torpor lasting 5-7 months. Their metabolic rate drops to 25% of normal, heart rate slows from 80 to 10-20 beats per minute, and body temperature decreases by 7-12°F. They rely entirely on fat reserves, burning approximately 4,000-6,000 calories daily and losing 15-30% of body weight.

How does the bear survive without any food or water for six months or more? Fat metabolism produces water, and they don't urinate at all, recycling their water. Also, for every pound of fat burned, a pint of water is produced, preventing dehydration from evaporative losses. The bear also prevents the loss of protein by urea recycling (making amino acids from nitrogenous waste products) minimizing muscle loss[iv]. As glucose levels stabilize because fat is metabolized, insulin sensitivity is gradually restored, preparing bears for spring.

3. Spring Awakening

Emerging from hibernation, bears are leaner and insulin-sensitive. Their early spring diet includes protein-rich foods like carrion and insects, supporting muscle rebuilding. As the season progresses, they transition to mixed diets before returning to sugar-rich berries in late summer, restarting the cycle. This metabolic flexibility, documented in a 2014 study on black bears, prevents chronic metabolic disorders and ensures survival.[v] As they eat the sugar-rich berries in the late summer, they become insulin resistant, gain weight, get lethargic, and go back to sleep and fast for six months, repeating the cycle every year.

Human Overeating and Chronic Insulin Resistance

Humans have a similar metabolism. The problems seem to be that because of the abundance of "ripe berries" with the sugar that we, like bears, love so much, we are continually in hyperphagia. Overconsumption of sugars (e.g., sucrose, high-fructose corn syrup) and refined starches (e.g., white bread, pasta) mimics aspects of a bear's hyperphagia but lacks the adaptive resolution, meaning we don't fast for six months to use it up. Here's how it unfolds:

1. Chronic High Sugar and Starch Intake

Frequent consumption of carbohydrates leads to repeated blood glucose spikes, triggering excessive insulin release. Over time, cells, particularly in muscle and fat tissue, become less responsive to insulin, leading to insulin resistance. This forces the pancreas to produce more insulin, creating a vicious cycle. Higher insulin causes lower energy so people use caffeine, stimulants and sugar to increase the adrenal hormones (cortisol, adrenaline) to feel like they have more energy. These hormones cause more insulin resistance and make the problem worse, ending in type 2 diabetes. Unlike bears, humans often maintain this high intake year-round, with no equivalent to hibernation to reset metabolism. A 2020 study in The British Medical Journal[vi] linked prolonged high sugar intake to visceral fat accumulation and a 30-40% increased risk of type 2 diabetes.

2. Consequences of Insulin Resistance

I have many people wonder why they are active and not eating very much, but they continue to gain weight and feel fatigued. Chronic insulin resistance in humans leads to elevated blood glucose, promoting fat storage, particularly in the liver and abdomen, which exacerbates metabolic dysfunction. This can progress to type 2 diabetes, cardiovascular disease, and other comorbidities. Unlike bears, humans lack a natural fasting period to burn fat reserves, and sedentary lifestyles compound the issue by reducing glucose uptake in muscles. Fatigue sets in. There is not enough energy in the muscles because it's all getting stored as fat.

3. Absence of a Natural Reset

Bears benefit from a prolonged fasting state during hibernation, which depletes fat stores and restores insulin sensitivity. Humans, however, rarely experience extended periods without calorie intake in modern diets, leading to persistent insulin resistance. The constant availability of food disrupts the metabolic flexibility seen in bears.

Lessons from Bears: Periodic Carbohydrate Restriction

The bear's cycle suggests that humans could improve insulin sensitivity by mimicking aspects of this natural rhythm through periodic reduction of sugar and starch intake. Here's how:

1. Intermittent Fasting or Low-Carb Periods

Intermittent fasting or low-carbohydrate diets (e.g., ketogenic or paleo) can simulate the fat-burning phase of hibernation. By reducing sugar and starch intake, blood glucose and insulin levels drop, allowing the body to tap into fat reserves for energy. A 2019 study in Cell Metabolism found that a low-carb diet for 8 weeks improved insulin sensitivity by 20-30% in prediabetic individuals[vii].

2. Benefits of Restoring Insulin Sensitivity

Periodic carbohydrate restriction can:

- Reduce Fat: Lower insulin levels promote lipolysis, burning visceral fat similar to a bear's hibernation. The body needs to burn 60% fat to have energy, this is how the bear wakes up in the spring – eating carrion and fish.

- Improve Energy: Improved insulin sensitivity allows your muscles to use glucose more efficiently, reducing blood sugar spikes.

- Improve Mental Clarity: The brain is especially sensitive to insulin resistance since it relies mostly on glucose.

- Prevent Chronic Disease: Studies show that cycling between low-carb and moderate-carb diets can lower HbA1c levels and reduce type 2 diabetes, cardiovascular disease, and cancer risk[viii].

3. Practical Implementation

To adopt a bear-inspired approach, humans can:

- **Cycle Carbohydrate Intake:** Alternate between periods of low-carb eating (e.g., 20-50g carbs/day for 1-2 weeks) and moderate-carb periods (100-150g/day), mimicking the bear's seasonal shifts.

- **Prioritize Whole Foods:** Replace processed sugars and starches with nutrient-dense foods like vegetables, lean proteins, and healthy fats, akin to a bear's varied spring diet.

- **Incorporate Fasting:** Practice intermittent fasting or time-restricted eating to induce fat-burning states, similar to hibernation. Fasting is the single best way to enhance metabolic flexibility[ix]. Just like a bear, you could fast for long periods of time, but that is not necessary. Some people fast for 5 days 3-4 times per year, as recommended by Dr. Valter Longo[x].

His program is called "fasting mimicking" because it allows food to be eaten. Others, eat breakfast and lunch, and skip dinner, (It is better to skip dinner than to skip breakfast.) fasting for 16-18 hours daily. Some eat only breakfast every day. Others eat three meals every other day. The more you have an empty stomach, the better for your health… but you must eat sometime!

Personally, I have found that fasting for 72-hours every month is the best. It allows me to be flexible on the days that I eat, and every month I clear out all the excess carbs and fat that build up, allowing me to switch from glucose to fat in a moment so I never get low energy. It takes about 2 days to use up your stored glucose and induce ketosis from burning fat. So, I get one day in ketosis every month. It works!

4. Considerations

Bears are naturally very active when awake. Humans must balance dietary changes with exercise, to further enhance insulin sensitivity.
.
Humans don't recycle proteins as much, so we need to exercise during fasting to prevent muscle loss.

·We don't recycle water, so we need to keep hydrated. It is good to drink water with a pinch of salt in it for electrolyte balance. (Avoid sweetened electrolyte drinks or powders.) There is no specific amount, as that will depend on how much you sweat, and so forth. It's good to drink if you're thirsty.

·After fasting for more than 48 hours it is good to start eating foods with fiber such as vegetables, beans, lentils, salads, and mushrooms. Avoid the sweet fruit at first, as it will increase insulin rapidly.

Conclusion

The bear's insulin resistance cycle is a masterclass in metabolic adaptation, allowing them to store fat efficiently and reset insulin sensitivity through fasting. Humans, by contrast, face chronic insulin resistance from the sustained overeating of sugars and starches, lacking a natural reset. By adopting periodic carbohydrate restrictions, humans can mimic the bear's fasting phase, burning fat and restoring insulin sensitivity. This approach, supported by emerging research, offers a practical strategy to combat metabolic dysfunction and promote long-term health. Embracing nature's lessons could help humans achieve the metabolic flexibility that bears have perfected over millennia.

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7 GUT-BOOSTING FERMENTED FOODS

That May Help Support Blood Sugar Balance

Can Fermented and Probiotic Foods Help Manage High Blood Sugar?

Fermented and probiotic foods are rich in live microorganisms that may support a healthier gut — and that's good news for anyone looking to better manage their blood sugar. These foods help nourish your gut microbiome, the massive colony of bacteria and other organisms that play a key role in digestion, metabolism, and immune function.

The right balance in your microbiome may improve insulin sensitivity and glucose breakdown, both of which are crucial for blood sugar control.

WHAT ARE FERMENTED AND PROBIOTIC FOODS?

Fermented foods go through a natural process where microbes like bacteria or yeast break down sugars and starches. This not only enhances flavor but also creates beneficial compounds like probiotics.
You'll find probiotics in:

- **Yogurt**
- **Kefir**
- **Kimchi**
- **Sauerkraut**
- **Pickles**
- **Tempeh**
- **Miso**
- **Kombucha**
- **Natto**
- **Buttermilk**
- **Cottage cheese**

Not all fermented foods contain live probiotics. Heat processing or pasteurization can destroy them — so for the benefits, look for labels with phrases like "live and active cultures" and choose refrigerated varieties when possible.

How Probiotics May Support Blood Sugar Control

For those with high blood sugar or prediabetes, probiotic-rich foods may play a helpful supporting role in managing blood sugar. Studies show that people with high blood sugar often have imbalances in their gut microbiota, which may contribute to inflammation and insulin resistance. Adding probiotics — either through food or supplements — may help reduce these imbalances and improve metabolic health.

That said, probiotics aren't a standalone treatment. While early research shows promising effects, changes to the microbiome from probiotics are typically modest. Still, they may complement your overall high blood sugar care plan.

7 Fermented Foods That May Help with High Blood Sugar

1. Yogurt

In one study, people with type 2 who ate about ¾ cup of probiotic yogurt daily saw improvements in A1C, total cholesterol, and LDL cholesterol after 12 weeks. Opt for Greek or skyr-style yogurts that are plain and unsweetened. Sweeten with fruit, cinnamon, or vanilla instead of added sugars.

2. Kimchi

A staple of Korean cuisine, kimchi is made from fermented vegetables like cabbage or radish. Research has shown it may help lower A1C, insulin levels, and body fat in people with prediabetes. It's also packed with fiber and low in carbs, making it a solid addition to a blood sugar-friendly plate.

3. Sauerkraut and Pickles

These tangy vegetables offer crunch and flavor without raising blood sugar — as long as they're made the traditional way. Look for raw, unpasteurized versions in the refrigerated section. Be cautious of sodium content and balance with other fresh vegetables.

4. Kombucha

This fizzy tea drink is fermented with a symbiotic culture of bacteria and yeast. A small study found that people with high blood sugar who drank 8 ounces of kombucha daily saw improvements in fasting blood sugar. Choose options with minimal added sugar or try brewing your own at home.

5. Tempeh

Made from fermented soybeans, tempeh is high in protein and low in carbs. It's also a rich source of fiber and naturally contains probiotics. One study in animals showed that regular intake of tempeh helped reduce blood sugar and improve weight control. Use it in stir-fries, grain bowls, or as a plant-based meat alternative.

6. Miso and Tamari

These soy-based seasonings are created through fermentation and can add savory, umami flavor to meals. While they may not always contain live probiotics due to cooking, they do provide other gut-friendly compounds and are low in sugar. Use in moderation due to sodium content.

7. Kefir

This drinkable fermented milk is similar to yogurt but thinner and often more tangy. It's rich in live cultures and protein, which can help stabilize blood sugar. Go for plain kefir and add fresh berries or cinnamon to enhance taste without added sugars.

What About Probiotic Supplements?

If fermented foods aren't your thing — or if you want a more consistent way to support gut health — probiotic supplements can be a helpful addition to your routine. These supplements come in capsules, powders, gummies, or liquids, and can contain a variety of strains that offer different benefits for digestion, immune support, and metabolic health.

While supplements aren't a replacement for a healthy diet, they can fill in the gaps — especially if your intake of probiotic-rich foods is low. They're generally safe for most people, with minimal side effects. However, not all supplements are created equal, and the specific strains, potency, and formulation matter.

If you're looking for a trusted option, consider Healthy Gut Restore from Barton Nutrition. It's designed to support digestion, immune health, and microbial balance with a targeted blend of clinically studied probiotic strains. It's a convenient way to help restore and maintain a healthy gut environment, especially for those managing blood sugar or dealing with digestive issues.

Before adding any supplement to your routine, it's always wise to talk with your healthcare provider — especially if you're taking medications. Questions to ask:

·Could this interact with any medications I take?

·What probiotic strains are most beneficial for my needs?

·What's the ideal dosage or schedule?

SUPPLEMENTS WORK BEST WHEN THEY'RE PART OF A BROADER PLAN THAT INCLUDES SMART NUTRITION, MOVEMENT, STRESS MANAGEMENT, AND REGULAR CHECK-INS ON YOUR HEALTH.

Final Thoughts

Fermented and probiotic foods aren't a magic bullet for high blood sugar, but they can be a valuable piece of the puzzle. Regularly including yogurt, kimchi, kombucha, and other fermented options may help support better digestion, lower inflammation, and improve insulin sensitivity. Just make sure you're choosing products with live cultures and minimal added sugars.

They work best as part of a well-rounded plan — including smart nutrition, exercise, medication if prescribed, and stress management. If you're curious about how to use these foods in your routine, it's worth having a conversation with your healthcare provider or a dietitian familiar with high blood sugar care.

7 SIMPLE SIGNALS TO RESET YOUR NERVOUS SYSTEM

(Without Doing More)

For years, I believed that getting healthy meant doing more. More supplements. More lab tests. More exercise. More tracking, spreadsheets, and strict routines. I thought if I could just push through the discomfort and find the perfect protocol, I'd finally feel great.

But what truly changed my health wasn't another diet or treatment plan — it was a mindset shift. I stopped focusing on fixing and started focusing on safety. Instead of treating my body like a project to manage, I began asking: How can I tell my body it's safe?

That simple reframe changed everything. It shifted the way I eat, rest, move, and think. And most importantly, it helped me move from a place of low-level chronic stress to a place where healing could actually happen. If you feel stuck despite doing "all the right things," this shift might be what you're missing.

Understanding Your Nervous System

Our nervous system has two main states:

- **Sympathetic (fight, flight, freeze)**
- **Parasympathetic (rest, digest, repair)**

Modern life keeps many of us stuck in sympathetic mode — even if we don't feel stressed. Our bodies pick up on subtle cues that say "you're not safe," keeping us in a state of tension, fatigue, and resistance to healing.

I lived in that space for over a decade. Ironically, my intense efforts to be "healthy" were sometimes sending my body more stress signals. That's when I learned the power of flipping the script — of sending safety signals instead.

Stress vs. Safety: What Your Body Listens To

Not all stress is dramatic. In fact, the most harmful stressors are often quiet, chronic, and easy to miss:

Common stress signals:

- **Under-eating or nutrient deficiencies**
- **Over-exercising or constant intensity**
- **Poor sleep**
- **Negative self-talk**
- **Blue light at night**
- **Loneliness or disconnection**

Safety signals, on the other hand, include:

- **Nourishing meals**
- **Deep, consistent sleep**
- **Natural sunlight**
- **Human connection**
- **Kind self-talk**
- **Gentle movement**
- **Hydration with minerals**

The more safety your body senses, the more it can relax — and that's where true healing begins.

7 Everyday Safety Signals That Changed My Life

1. Nourishing Meals Over Restriction

For years, I unintentionally under-ate while trying to “clean up” my diet and lose weight. But low food intake told my body, “Resources are scarce.” I didn’t realize this was spiking cortisol and stalling healing.

Things shifted when I focused on nourishment over restriction. I prioritized protein, minerals, and whole foods — especially in my first meal of the day. I also stopped late-night snacking and replaced caffeine-first mornings with a protein-rich breakfast. That one change dramatically improved my energy and blood sugar stability.

2. Sleep with Intention

Sleep is foundational — yet I used to cut corners here, especially as a busy mom. Even losing one hour of sleep increases stress hormones, impacts blood sugar, and lowers cognitive function.
I started going to bed earlier, made my bedroom cooler and darker, and ditched late-night screens. I swapped late-night chores and scrolling for intentional wind-down routines. Even a 30-minute earlier bedtime made a big difference in my heart rate, mood, and energy.

Light That Supports Your Rhythm

Morning sunlight is one of the most overlooked tools for nervous system regulation. I now get 10 minutes of natural light within 30 minutes of waking — often barefoot for grounding. Afternoon sun boosts my mood and helps set my circadian rhythm.

In the evening, I switched to amber and red lighting, used blue-light-blocking glasses, and installed warm lamps on timers. My body now knows when it’s time to wind down — without me forcing it.

4. Hydration + Minerals

I used to chug plain water all day — and still felt fatigued. Then I realized hydration needs minerals to actually get into our cells.
Now I start my day with mineral-rich water, often outside in the sun. I hydrate between meals to avoid diluting digestion and make sure I’m replenishing sodium, potassium, and magnesium. The result? Better digestion, energy, and fewer stress responses.

5. Movement That Matches My Stress Load

I used to push myself with high-intensity workouts no matter what. But when my nervous system was overloaded, those workouts made things worse.
Now I see movement as a support rather than a stressor. During high-stress periods, I focus on walking, stretching, or swimming. When my body feels strong and safe, I add back strength training and sprints — but with joy, not punishment.

6. Emotional and Environmental Safety

Even a clean diet and good sleep can’t cancel out a stressful environment. I started removing hidden stressors — from synthetic fragrances to cluttered spaces. I simplified, softened lighting, and made my bedroom feel peaceful.

Equally important was my inner environment. I stopped labeling my body as “broken” or “attacking itself” and began saying, “My body is healing.” That compassionate shift in language told my nervous system it was safe.

7. Joy, Connection, and Presence

Human connection is one of the most powerful safety signals we have. Eye contact, hugs, shared laughter — all of these tell the body, “You’re safe here.”
I also began adding small acts of joy into my day: humming, warm baths, dancing with my kids, watching the sunset. These simple pleasures activate the vagus nerve, help shift us into parasympathetic mode, and make life feel lighter.

Final Thoughts: Don't Force It — Support It

The biggest lesson I've learned? My body isn't the enemy. It's constantly working to protect me. When I stopped trying to fix or force it, and instead started listening and offering safety, things began to change — gently and sustainably.

If you're feeling stuck, don't start with another to-do list. Start with one simple shift:

- **A protein-rich breakfast**
- **A walk in the morning sun**
- **A glass of mineral water**
- **An early bedtime**
- **A kinder thought**

Healing doesn't have to be harsh. Sometimes the most powerful thing you can do... is less.

5-INGREDIENT FROZEN YOGURT BARK

That's Packed with Protein

Cool, Creamy, and High in Protein: The Best Frozen Yogurt Bark

There's nothing quite like a cold, satisfying treat — and this protein-packed frozen yogurt bark hits the spot whether it's a sweltering summer afternoon or a midday snack attack. Unlike traditional yogurt bark recipes that lean heavily on sugar and fruit alone, this version is designed to be more filling, thanks to its smart mix of healthy fats and high-quality protein. It's simple to prep, easy to customize, and great for both kids and adults.

A Protein-Rich Twist on Classic Yogurt Bark

This recipe starts with full-fat Greek yogurt, or you can use thick, strained homemade yogurt if you prefer. Avoid low-fat versions, which can make the bark watery and less satisfying. A secret ingredient that takes the texture and nutrition up a notch? Cottage cheese. It adds extra creaminess and an impressive boost of protein.

To take things even further, this version includes collagen for added protein and benefits like healthier hair, skin, joints, and gut support. Optional but powerful: a scoop of colostrum, which may support immune function, recovery, and metabolism.

Easy High-Protein Frozen Yogurt Bark

Servings: About 8 pieces
Prep Time: 5 minutes
Freeze Time: 2–3 hours

Ingredients:

- **1 cup full-fat Greek yogurt**
- **½ cup cottage cheese (preferably grass-fed)**
- **1 scoop collagen powder**
- **1 scoop colostrum powder (optional)**
- **1–2 tablespoons honey or maple syrup (optional, to taste)**

Topping Ideas (choose your favorites):

- **Fresh berries**
- **Granola**
- **Dark chocolate chips**
- **Chopped nuts**
- **Peanut butter or almond butter (drizzled)**
- **Coconut flakes**
- **Freeze-dried fruit**
- **Chia seeds**
- **Cinnamon**

Instructions:

1. Blend the base:

In a blender or food processor, combine the Greek yogurt, cottage cheese, collagen, colostrum (if using), and sweetener. Blend until smooth and creamy.

2. Spread it out:

Line a baking sheet with parchment paper. Pour the yogurt mixture onto the sheet and use a spatula to spread it evenly, about ¼ to ½ inch thick.

3. Add toppings:

Sprinkle your favorite toppings evenly over the yogurt base. Gently press them in with the back of a spoon so they stick once frozen.

4. Freeze:

Place the tray in the freezer for 2–3 hours or until completely solid.

5. Break and store:

Once frozen, break the bark into pieces. Store in an airtight container in the freezer for up to 1 week.

Notes:

- Storage: Store in an airtight container in the freezer for up to a week.
- Nutrition: Nutrition facts will vary depending on your choice of toppings.

Why You'll Love This Yogurt Bark

This high-protein froyo bark is not only the easiest but also one of the most satisfying treats you'll ever make. It's creamy, crunchy, and packed with high-quality protein from Greek yogurt, cottage cheese, collagen, and optional colostrum. That makes it perfect for a post-workout snack or a nutritious option to keep you fueled throughout the day.

Customize it with your favorite toppings and you've got a treat that's as flexible as it is delicious. The best part? You can make it ahead and keep it in the freezer for whenever cravings hit. Plus, you're getting the added benefits of collagen and colostrum, which support everything from skin and gut health to immune function and recovery.